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SPECIAL EDITION: THE WOMEN OF SJC



...In the Classroom

"Girls are smarter than boys!"
"Nuh uh, boys are smarter than girls!"

Nearly everyone, at one time or another, has partaken in a similar conversation with one of the opposite sex. Competition between the sexes in school begins early in grade school and is present in nearly every classroom, whether kindergarten, high school, or college. Factually, there are some subjects that men succeed at more than women, and vice-versa. But the question still remains as to which sex, generally speaking, is smarter.

Here at SJC, women currently outperform the men. The average GPA for current active female students who have an established cumulative GPA is 3.268, while the average for men is 2.897. This is a difference of almost 0.4 points, which is quite a difference when it comes to GPA points.

There are many factors that may contribute to this fact. First, women are probably more mature than men, and therefore are more likely to take classes seriously and make homework

a top priority. Second, there are substantially more female students at SJC than men, which could make the average GPAs off-balance. The total number of women enrolled is 563, while the total number of men is 411. This is probably a large enough difference to distort the GPA comparison. Finally, the argument may be made that there are some majors that are primarily studied by women, and others that are primarily studied by men. Are the majors women dominate easier than the ones men take in greater numbers? If so this argument might be used to explain the fact that women have higher GPAs than men at SJC.

This now presents another question that is worth exploring: Why are some majors primarily composed of female students, and others of male students? This is true of many majors at SJC, including the most popular major, elementary education. There are cur-

rently 103 female elementary education majors at SJC, and only 16 male elementary education majors. Similarly, both English literature and Psychology are majors that are primarily studied by women. Tony Salati is one of only two male English majors at

SJC. "Declaring English as my major had nothing to do with gender; it never crossed my mind to be quite honest. I am just drawn to how someone can pour out their soul onto a piece of paper using only a pen," he said. Salati is also rather disturbed by the fact that there are not more male English literature majors: "Don't get me wrong, I truly enjoy my classes, but I know that there are men on this campus who share the same love for words as I do."

Likewise, Computer Science, Management, Philosophy/Religion, and History are majors mostly studied by men. Philosophy/Religion can boast no women majors, while Management contains more than three times as many

male students as female, and Computer Science contains only 6 female students out of the 46 total. History has only one female student of the 14 total History majors. Why is this a fact? Surely, these statistics are not true of SJC alone. The most reasonable answer (though not a true one) is that in society today, some jobs are still primarily considered a "man's job" or a "women's job." Teaching, for example, has always been considered a woman's profession, just as jobs relating to business and research have been primarily viewed as men's professions. In addition, it is a fact that men are more successful in math and science related fields, while women are more successful in the humanities.

So does this make either sex smarter than the other? Probably not. Men succeed at some things, women at others. There are too many factors that contribute to the statistics, and it is therefore too difficult to make generalizations. So for now, let's call a truce, and agree that men and women are equally intelligent.

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SJC: DO WE LACK CHIVALRY?

ET CETERA
FINAL REFLECTIONS

Where are the Knights in Shining Armor?

I have to admit – every time that I want to write an article complaining about how society has lost its sense of manners and chivalry, a select few strangers blow me away with kindness. So, this editorial is intended for those of you (especially guys!) who do not know how to open doors for others, walk old ladies across the street, or say a simple “thanks” when a favor is offered.

Granted, I am not, nor would I ever consider myself a hard-core feminist. That does not mean that I do not believe in common courtesy toward my sex. The task of holding the door open for the person behind you should not be limited by your sex – I do it all the time! There are guys that I know who will rush in front of someone to open the door for them – kudos to you! But

to those of you who have rushed into the Core or Science building when I’m

Melissa Genova
Columnist

two feet behind and you allow the door to hit me... I’m short, but I’m not THAT short. You can’t say you didn’t see me (or anyone else you’ve done that to). It takes, like, what, a second out of your life to show someone common courtesy?

The car door thing is another issue I want to tackle. If you’re the driver, and you’re driving a female anywhere, just open the car door for her! Not all the time, but enough so that she no-

tices that your mother brought you upright. Don’t give this “I have automatic locks” bull. The car door-opening gesture is a small detail that I take into consideration when going on dates, or whatever. I know I’m not the only girl who pays attention to the little things like that, either.

I will say this in defense of men. They should not be expected to pay for the date. Their dates can go Dutch or *gasp* treat the guy. I am not the flower-type myself, but it nice to get one once in a while, if it’s a special occasion.

You can call me a bit old-fashioned, but just because we live in a modern sex-almost-equal society, the simple rules of courtesy should not be ignored. True, most of these tasks are expected of men, but women should apply them, as well.



The “Women Writers: Black and White” class. Left to right, top to bottom: Dr. Charles Kerlin, Becky Scherer (sophomore), Annie Domasica (junior), Sandra Wood (sophomore), and Angela Williams (junior).

Dr. Charles Kerlin’s special studies class “Women Writers: Black and White” is pleased to present you with this special edition of The Observer. Through the semester, we have read many different pieces written by, for, and about women. As a class, our knowledge of the silencing of

American women has grown, and we want to share a little bit of that knowledge with everyone. We have also learned about the means with which women have made their voices heard—loud and clear—and our intent is to give the women of Saint Joseph’s College the megaphone that is The Observer.

The creators of this special edition would like to give an enormous thank you to the regular Observer staff for all their help in putting together this issue. We couldn’t have ever done it without your hard work... thank you.

We have dedicated every moment of our spare time and put forth much effort to bring you this special edition as our class project, and we couldn’t be prouder. We hope you enjoy reading our work as much as we enjoyed creating it.

-- The Editors

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Et Cetera Editor
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Dr. Charles Kerlin

Publisher
Dr. Ernest Mills III

Comments?
OBSERVER-
EDITORS@SAINTJOE.EDU

Rants and Raves by John Whelan

... On the Observer Special Edition: Women's Issue

A few weeks ago, I was asked by the editor to write a column with my opinion of this issue of The Observer. I was informed of the theme and thought, “Why are they asking ME to write this?” I got to thinking about it, and realized why they wanted me: I’m a guy. They wanted an opinion about it from someone who is not female, and who, in turn, can be more objective about it. With that in mind, I decided to think long and hard on the subject, and gather my true opinion on this type of issue. There are a lot of things I like about the issue, and a few things I don’t like.

First, I will tackle the issues I liked. First and foremost, I think it’s cool to find out things women are doing in this world, and, for me, to look back and see how far they have come. I grew up in a house with three older sisters and no brothers. Yes, I know; how horrible is that? Growing up, I began to respect and value women. While that may seem like a foreign concept to some guys, women really are an important part of our society. For that, I feel, honoring them in this issue is a good thing. I do, however, think it might be going a little overboard dedicating an entire

special edition of the school paper to this issue. Perhaps doing a feature article on it or something along those lines would have been a better approach.

Since the entire issue is showcasing women, I think that a lot of controversy will arise. No matter how well the reporters of this issue cover their backs, people are still going to be offended, as is always the case. Questions will arise such as, “Why can’t we have an Observer special edition featuring all African Americans?”, “Where is the Native American special edition?” and, most obviously, “There has been a fe-

male edition; when will our turn come to have a male edition?” Replace the subjects of the above questions with any minority group and the same outcome will come to pass: no one makes a special edition about these groups because they are almost always already in the spotlight for something.

Honestly, I feel that the makers of this issue are stepping on quite a few toes. Overall, though, I feel the idea is not far off the mark and should be an interesting read for everyone. If nothing else, it’s a break from the norm, and breaking the norm is good for everyone.

College Women and Eating Disorders

College women are a target group for eating disorders. Today's society has an obsession with thinness and the desire for perfect bodies which has cultivated the development of eating disorders among young women. Eating disorders include anorexia nervosa, bulimia, binge eating, and a variety of other unspecified types of disorders. Anorexics are characterized by severe weight loss attained by restricting food intake or fasting. This type of disorder usually stems from an extreme fear of being

over-weight, stress, low self-esteem, and loss of control. Bulimia is identifiable by eating excessive amounts of food and then self-inducing vomiting or using laxatives and diuretics. Bulimics are often very se-

People with this type of disorder tend to eat for emotional reasons rather than nutritional reasons and may gain large amounts of weight. Seventy-eight percent of college females have been reported as having had bingeing experiences and 8.2%

have used self-induced vomiting as a way to control their weight. Research has also shown that 58% of adolescents

There is a variety of combinations of pressures that make college students more prone to eating disorders. When students are away from home, they may be more susceptible to pressures than they would be while at home. For example, Dr. Laurie Humphries, director of the University of Kentucky Eating Disorder Clinic says that she has often seen groups of young women sitting together

chological well-being of its victims. However, people who experience the effects of eating disorders often feel shame or deny the existence of a problem. Sadly, there has been so much importance placed on being thin and beautiful that more and more people are falling into the traps of eating disorders. While there is much help available for the disorders, most do not seek help without the prompting of another person, such as a friend or relative who has recognized the problem.

People who suspect that a friend has an eating disorder are encouraged to confront the person about the problem. Treatment, should one seek it, can include a medical evaluation, supervision, nutritional and psychological counseling.

SJC is

Angela Williams
Special Feature
Editor

The Facts:

An estimated 10% of female college students suffer from a clinical or sub-clinical (borderline) eating disorder, of which over half suffer from bulimia nervosa.

An estimated 1 in 100 American women binge and purge to lose weight.

Approximately 5% of women and 1% of men have anorexia nervosa, bulimia nervosa, or binge eating disorder.

15% of young women have significantly disordered eating attitudes and behavior.

It is estimated that 200,000 to 300,000 Canadian women aged 13-40 have anorexia nervosa and twice as many have bulimia.

Studies suggest that 5 to 10 percent of people with anorexia or bulimia are males.

An estimated 1 in 3 of all dieters develop compulsive dieting attitudes and behaviors. Of these, a quarter will develop full or partial eating disorders.

In the UK, nearly 2 in every 100 secondary school girls suffer from anorexia nervosa, bulimia nervosa or binge eating disorder.

Due to the incidence of co-occurring medical conditions, it is almost impossible to specify the morbidity rates for eating disorders like anorexia, bulimia or binge eating. However, general estimates suggest that as many as 10-15 percent of eating disorders are fatal for those affected.

Statistics provided by: www.annecollins.com

creative and often appear to be within a normal weight range. This type of eating disorder can cause severe dental problems as well as digestive problems. Binge eaters are those who consume large amounts of food, but do not purge.

begin dieting before the age of 14. According to national statistics one out of four women suffer from some type of eating disorder, which means that if you picked four random female friends, one of them is likely to have a problem.

at cafeteria table picking at small salads. I've seen the same scenario at Saint Joseph's College.

This pursuit of thinness that has permeated our society is very threatening to the physical health and psy-

not an exception to eating disorder statistics. Therefore, students and faculty should be aware of the severity of the ramifications of eating disorders and the importance of such persons seeking help.

SJC's Lack of Minorities

Saint Joseph's College is not known for its diversity, and for good reason. In last year's freshman class there were only twenty-five minorities in a class of 228. Of those entering minorities, twelve were African-American, one was Asian American, nine were Hispanic American, and three were listed as Other/Multi-Racial. Out of that entering twenty-five, only seven were females. SJC is a fairly homogenous campus, with over 85% of its student body being classified as White or Caucasian.

In the middle of this seeming sea of whiteness, there is a group of students who are proud of their heritage and working to make others aware of it. Diversity Coalition is a club on campus whose members are typically minority students and take an active role in campus life here at SJC. Fallon Lane, an African-American, along with Cruz Munoz and Luz Arambula, both of Hispanic origins, are all members of Diver-

sity Coalition. These three women chose SJC for different reasons. Lane was attracted by the promise of a track scholarship. Munoz was lured by the academic scholarship SJC offered her. Arambula, who "grew up in a hick town, with few Hispanic people," came to SJC due to its proximity to her home.

While all three of these ladies agree that life as both a woman and a minority is not easy, they certainly do not dwell on their plight. "I'm a minority everywhere I go," Fallon says. "[Therefore, I] do not mind SJC." "It is the same for me," agrees Munoz. "I grew up with all white people. [I'm] not used to having other minorities [around]." "[There weren't] many Hispanic people [in my hometown], and they were all related," says Arambula in a joking tone.

Renee Pugh
Staff Writer

However, they do not believe that it is difficult to be both female and a minority. "Females are a minority too," Arambula points out. "It makes you stronger," she concludes. However, she realizes that people make presumptions based on her race. "People watch what they say [around me]. [During the Latin America Core, professors and students] assumed that we (indicating herself and Munoz) should know more about our culture," Arambula says. "[They make assumptions] because of who you are," says Munoz.

Lane, Munoz, and Arambula all recognize the lack of a minority population at SJC. They believe that this can be attributed to many factors, including the small-town atmosphere of Rensselaer, as well as the area in which

SJC actively recruits. "[The Midwest] is not very diverse," says Munoz. The three offer up multiple suggestions for increasing the minority rate of enrollment here at SJC. "Go to the inner city and recruit there," says Lane bluntly. "Just stop focusing on predominately white schools." Munoz recognizes that this could prove to be problematic as "SJC appeals to the white upper class." While she did grow up in a predominately white atmosphere, similar to that of SJC, Munoz admits that her parents were still "disappointed with the minority [population] here."

However, Lane, Munoz, and Arambula realize that they can not hope for a rapid change in this situation in the near future. However, they encourage all current students, minority or not, to get involved here at SJC, "especially in Diversity Coalition." This type of involvement can make a great difference.

FEATURES

The Scarlet Letter

Dr. Charles Kerlin



Hester Prynne is American literature's first liberated woman and the REAL hero of Nathaniel Hawthorne's The Scarlet Letter. Her scarlet letter stands for conscious choices she'd made in her life. Despite the letter A, she remains in control of her life and made of it a magnificent triumph. Read in this way, the novel is a kind of feminist tract about a passionate woman whose life turns from 'feeling' to 'thought.' She assumes a "freedom of speculation ... which our forefathers, had they known it, would have held to be a deadlier crime than that stigmatized by the scarlet letter." Strong stuff—Read it.

I Know Just What You Mean

Annie Domasica



I Know Just What You Mean is a powerful look inside the friendship of women. The authors, columnist Ellen Goodman and novelist-journalist Patricia O'Brien, are not only wonderful writers collaborating on a project; they are best friends. This book examines the bond of women's friendships through a variety of interviews, countless anecdotes, and research that tries to explain the powerful bond that exists between women. Goodman and O'Brien

take their readers through a lifetime of friendship. Through this journey, the reader experiences the highs and lows, the joys and the challenges, all the while celebrating the miracle of women's friendship.



I Know Why the Caged Bird Sings

Sandra Wood

This book is the first of Angelou's series of autobiographies, and covers her life from childhood to her early teen years. The story tells of Angelou's life growing up in Stamps, Arkansas with her grandmother, and later St. Louis and California with her mother. During her childhood, she is forced to cope with the tragedies of rape, racial discrimination, homelessness, and teenage pregnancy. The deep and dark themes inherent in her story are intertwined with humorous tales from her childhood, preventing the reader from being able to put the book down. This book is a must-read for all literary tastes!

Riding in Cars with Boys—A Movie Review

By Angela Williams, Special Feature Editor

The sassy and spirited film *Riding in Cars with Boys*, released in theatres in 2001, stars Drew Barrymore as Beverly Donofrio, a teenage girl whose dreams are interrupted by an accidental pregnancy. Based on the real Beverly Donofrio's autobiographical memoir, *Riding in Cars with Boys* explodes with emotion and is a sure reality check for teenaged girls and boys, college men and women, as well as mothers and fathers. Beverly's plan to become a brilliant writer falls flat when she finds out she is pregnant. Fortunately, she does not bear this trial alone; her best friend, played by Britney Murphy, soon discovers she is pregnant as well. The movie traces their shared experience of the obstacles and limitations that arise from unplanned pregnancies. The film depicts Beverly's immature and selfish struggle to pursue her education and career as a writer, which often requires her to neglect the needs of her child.

While almost too real and sadening at times, *Riding in Cars with Boys* is loaded with humor and inspires its audience to overcome the obstacles encountered in life. It reminds us that hard work can pay off, but also that we must deal with the consequences of our actions. It is while riding in cars with boys (and men) that Beverly's story unfolds. The "rides" in cars with boys end up framing and shaping her entire life. Beverly's practical, edgy, no-nonsense attitude is embodied in the quote she reads from her memoir to her son. She says that life is just "four or five big days that change everything." *Riding in Cars with Boys* seems to speak on behalf of teen moms, single parents, and women in general; however, the important roles that men play in these scenarios are not forgotten or unnoticed. The film is as equally hilarious as it is heartening. A must see for everyone—*Riding in Cars with Boys* is available for rent at Video Stop!

Outstanding Female Student: Kate Nowalk

By Sandra Wood, Special Et Cetera Editor

If you don't know who Kate Nowalk is, you've been living in a hole.

Nowalk is one of the most involved students on campus; she's in a myriad of activities both at Saint Joseph's College and in the community. In her time at SJC, Nowalk has been involved in Habitat for Humanity, of which she is the current President, Volunteer Core, Grotto Enthusiasts, Freshmen Seminar, Campus Ministry, SAFER, and Kairos. She is also the Vice

President of the Student Association for next semester. Outside SJC, she is a Eucharistic Distributor, a supporter of the Young Survival Coalition, and of groups working to continue research for Celiac Disease.

Most recently, Nowalk has made a name for herself in the SA elections. Nowalk was one of two women who ran for 2003 office on the Student Association, and she won the position of Vice President with co-candidate Kenny

Short and Sweet: 100 Word Book Reviews By the Women Writers Class

Throughout the semester, we as a class have read books, poems, and short stories by female writers of the past and present who have made an impact on the society of their times.

It was not only the required readings for this class, however, that interested us. Here we have concisely reviewed five books we have read on our own time, following some of the same themes from the class readings-- all in 100 words. Count 'em!

Prozac Nation: Young and Depressed in America

Angela Williams



Elizabeth Wurtzel's shocking memoir Prozac Nation: Young and Depressed in America explores the deepest and darkest aspects of her struggles with severe depression. She describes her experiences during this devastating time of her life including her familial strains, drug excursions, self-detestation and destruction. Brutally honest and extremely confessional, Wurtzel touches readers in two tender areas—the heart and the psyche. Her frustration with the ineffectiveness of psychiatric help, medication, support from family and friends, and the power of her own mind build and intensify throughout the book. Wurtzel's ability to delve into her depression so articulately and honestly is impressive.

The Bluest Eye

Becky Scherer



Toni Morrison's The Bluest Eye gives us an insightful look into the fragile psyche of a mistreated child. Young Pecola Breedlove wishes for nothing more than blue eyes so that she can be as beautiful as the white-skinned girls. We learn, along with Pecola, how to deal with the unchangeable aspects of our being as she tries desperately to get rid of the "ugliness," handle the "funkiness," and live a normal life after the death of her baby. Morrison's ability to bring out the simplicity in a story as deep as the ocean makes this book a must-read for everyone.

Shumard. When asked whether she felt her gender was an issue during the elections, Nowalk responded in the negative: "I don't think that gender had much to do with it. I think SJC is small enough that students look past the gender issue and look more at who Kenny and I are."

Nowalk credits much of her success to SJC's environment. "SJC is a very nurturing place for women to take on leadership roles. We have several female role models on our faculty as well as within the student body," she said. As a successful female herself, Nowalk is pleased to see all of the female leaders at SJC. "Years ago, most

women would not have had the opportunities we have today. I believe that women cannot allow themselves to be bogged down by horrible stereotypes, gross generalizations, and awful abuse. Rather, we must rise above it and fight for what we know is true."

As a final thought, Nowalk would like to impart this advice to all the women of SJC: "Find your passion and run with it. Don't be afraid or embarrassed by the mistakes you make; learn from them. Embrace each part of womanhood from the ridiculous chocolate craving and that pesky freshman fifteen to the irreplaceable joy of motherhood and the laughter between friends."

Fast Facts:

Name: Kathryn Grace Nowalk

Hometown: Culver, IN

Major: Psychology

Minor: Early Childhood and Secondary Education

Woman she most admires:

Eleanor Roosevelt

Favorite movie: "The Sweetest Thing"

Favorite dessert: anything made of chocolate

Favorite beverage: coffee (Kate calls herself a "coffee snob")

Something not everyone would know about Kate: Kate graduated from a military school—Culver Girl's Academy.

Extra knowledge: "My favorite actress is Meg Ryan... I actually bumped into her and Laura Durn once while they were bra shopping!"



The Feminine Face of SJC: Maureen "Mo" Egan

Maureen Egan has been a citizen of Rensselaer and a part of the Saint Joseph's College community since her childhood. Currently the Vice President of Institutional Advancement and Marketing, she graduated from SJC in 1990 with a degree in Communication and Theater Arts. Upon graduation, Egan worked in Administrations at SJC until 1993, when she moved to complete her master's degree from Indiana University in Public and Community Services Management. Egan returned to SJC in 1996 as director of Alumni and Parent Relations. However, Egan's relationship to SJC began long before she entered as a college freshman. Both her mother and father are currently employed as professors on campus and have been since the 1960's, but Egan's decision to complete her undergraduate education here was based primarily on the warm, welcoming environment of the SJC campus. Being from Rensselaer, the transition to college was easy, she said, also due largely to the personal attention she received at SJC. She explained, "it's been said many times, but here you really are a name, not a number."

Even as Egan left to complete her masters at a larger university, she knew that to work in her current position at SJC was her ultimate goal. "Before I left I was careful to plant enough seeds to say this is my dream job," she explains. Egan is only the second female to hold a vice presidential position at SJC. She considers her current occupation, "one way to give back" to an institution that has been a part of her life since she was young. Now, having achieved her desired position, Egan admits, "I never expected to hit my goals so early in life. I have to write

a new 'to do' list." Egan has reached what she calls "professional fulfillment" and boasts that "instead of selling superfluous goods... I can sleep easy at night having helped raise money for students to come [to SJC]."

Today, Egan deals with alumni and parent relations, fund raising, publications and media relations, and with the Office of Admissions. Currently, she is working in partnership with the Champion Corporation on a three-year marketing campaign promoting the college through television, radio, and mall kiosk advertisements. Her ultimate goal is to "make alumni feel good about this institution." In addition to countless small projects targeted at improving student life, Egan has helped raise over \$400,000 to restore the stained glass windows in the chapel, as well as \$200,000 towards renovations of classrooms and lab facilities in the Arts and Sciences building in cooperation with the Fellows. Last summer,

Scout Durwood
Staff Writer

Egan worked with the CPPS to raise over a million dollars in scholarship money for potential SJC students. Egan cites additional goals as growing the school's overall undergraduate enrollment, increasing beautification of the grotto, and improving the college's facilities to meet more modern standards.

Egan credits the college with being "ahead of its time in its effort to employ women" as professors and otherwise. She points out, "SJC was unique to hire my mom for who she was, not because of her gender." Not only has her mother been able to teach full-time on campus since 1962 when the college was still an all male institution, but due to the college's "family oriented environment and great support network" was also able to be a full-time mother. As one of seven children, Egan looks up to her mother as having set a profound example of a female leader and role model. She laughs, "growing up I never knew we had the option to stay home. I was always around such mod-

ern women." She also cites Sister Pat, Sister Katherine, Marge McIlwain, and Sister Donna as other strong female role models in her life, admiring them as "really independent women. Leaders, models, smart, cool, sensitive, assertive women. [They were] pioneers in a time when women were not rising to leadership positions," Egan said.

When asked what she feels was the most important thing she acquired from her time as a student at SJC, Egan responds confidently, "Number two is education. Number one has to do with my faith... deep faith that comes in many different ways, through the Core Program and the Catholic Church." Egan credits the Core Program with helping her develop a strong sense of ethics and moral commitment, and welcomes the discussion class as "an opportunity to speak about religion openly." Egan's time at SJC has allowed her to form boundaries in her life; "...God comes first, others second, and I am third." She continues to praise her undergraduate experience, stating that "from the first day, I was able to get involved. I wasn't told 'no' because I was a girl or a freshman," but was rather greeted with the attitude that "if you as a student put forth the effort...the sky is the limit!" Her motto in life is simple: "dream it, do it!" Goal oriented, realistic, and determined to succeed, Maureen Egan maintains "so many good things have happened [at SJC], and so many good things yet to come. I intend to be around for it all!"



Maureen "Mo" Egan, Vice President of Institutional Advancement and Marketing at SJC.

Picture courtesy of the office of Publications and Media Relations.

Women's Health and Wellness: Attainable at SJC?

Most women know the general guidelines for self-maintenance. We've read them in popular magazines, seen advertisements and reminders everywhere, been lectured by mothers and aunts, and discussed health issues with our friends. The dreaded gynecologist must be paid a visit once a year. We know how to do self-examinations of our breasts.

We have some general knowledge and can likely recognize the symptoms of TSS, STDs, yeast infections, endometriosis, and the like. We know that drinking and smoking do nothing good for our bodies and that they are best responsive to proper sleep, regular exercise, and good dieting habits. We are becoming more familiar with terms like "age-defying" and "low-impact," activities such as "spinning" and "pilates," and other newly-developed health related lingo. Current popular culture asks that we improve our bodies, not only in terms of appearance, but that we are wary of our bodies' intake of fat, cholesterol, calories, toxins, carbohydrates, and many other health inhibitors. This body-centeredness has become a demanding and stressful factor in the lives of many people. Much of this health hype seems to be geared toward young women. In conjunction with this, emphasis and concern is placed on psychological and

emotional wellness, rather than just physical health. One way that women have been able to achieve this rounded wellness is through communal relationships, which have been an important aspect of female relationships throughout history.

Look around you—at magazines, in newspapers, on television, in your own home-town.

Fitness centers are popping up everywhere along with organic food stores and supplement stores. Massage therapy, aromatherapy, and other similar services are becoming popular career choices. While some may think that this is another part of our society

that women overly concerned their seems im - ment in prompts to be con - a bout looks, it more ac - to seek prove - our everyday lives. This is the basis of much modern research—from scientific, psychological, educational and sociological aspects. For example, the Wellesley Center for Women, a community of scholars who conduct research, education, and action projects addresses critical areas in the lives of girls and women.

Angela Williams
Special Feature
Editor



The group is funded by grants from foundations, corporations, organizations and government agencies, as well as gifts from individual donors and Wellesley College in Massachusetts. With a \$7 mil-

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largest

Center of its kind in the United States. The center dedicates its work to looking at the world through the eyes of women, which is pretty important in a male-dominated world. They seek to create lasting solutions to women's problems from domestic violence to campus outreach programs to providing childcare so that mothers can go to work. This type of community enrichment is becoming more popular as well. However, in small communities such as Saint Joseph's College and Rensselaer, Indiana, such programs seem distant.

Women do have some resources available here, though. If you do not play a sport, you have the opportunity to use the Rec center and weight room in Raleigh Hall. The campus cafeteria has been trying to address the changing dietary needs of students. They can ac-

commodate vegetarians, diabetics, and people who just want to have some healthy food choices accessible on a daily basis. More efforts are frequently being made in this department. We have SAFER, a group whose services are available at any time. Campus Ministry's services are available. In town, there is a women's clinic, dedicated to the special health needs of women. These types of services are obviously limited. But, if we have a real desire to improve our resources, we certainly have the opportunity to do so. For example, though it may be unheard of, there is a group called "Women's Perspectives" on campus which is headed by Maureen Egan. Has anyone ever heard of this group? Not likely. While women on campus seem to have formed very productive and supportive community groups of friends and through some of the campus' other organizations, little has been done by women for women. The Women's Perspectives group would be an excellent opportunity to enrich our community's support for women's needs. Though we are behind in some of these areas as a college community, if we take an interest in bettering our resources and employing those which already exist, we certainly are capable of doing so.

SJC's Outstanding Athletes Make Their Marks, Both in the Past and Present

By: Annie Domasica, Special Sports Editor

ATHLETE OF THE PRESENT:

Senior Education major Julie Ryan is many things to many people across the Saint Joseph's College campus. She is a teammate, coach, teacher, and friend. Ryan's enthusiasm and determination seem to shine in whatever she is doing, wherever she is. Her presence never goes unnoticed on the volleyball court, whether she is hitting balls or offering advice as a coach.

Influenced by her parents and cousins, Ryan picked up the game at an early age and fell in love. She played on her first organized team in fourth grade and has played since. Volleyball, she says, is her first love. "I like the idea of playing a team sport. It is such a great feeling after a win knowing that the whole team was part of it in some way. Volleyball is a game of momen-

tum and has a lot to do with a player's mentality. It is very intense and can make you a mentally tough person." At Mother McAuley High School, Ryan honed her skills as a player, and then brought her intensity and will to win to the SJC court as a Puma.

She recalls her freshman season at SJC as one of her greatest volleyball memories. Because of her outstanding performance throughout the season, Ryan was named Freshman of the Year in the GLVC. "Besides that," she says, "we had a winning season, great coaches, and a lot of fun." After this spectacular rookie season, Ryan underwent surgery to address a shoulder injury that had plagued her since her junior year in high school. Ryan played two more outstanding seasons with the Pumas after the surgery, but the injury recurred this past

summer and Ryan was faced with the option of another surgery and rehab or the end of her playing career. Ryan says of her decision, "It was a really hard decision to decide not to play my last season here at SJC. All my life I have played at least one sport and I could not imagine life without playing. As badly as I wanted to play, I felt as though my body was telling me to stop." In her last season, Ryan gave up her time on the court, but not her love of the game. She made the difficult transition from player to coach, a change she wasn't sure she was ready to make. "The transition was a difficult one at first. However, it helped me to see the game from a different point of view."

Ryan feels that her experience with SJC athletics has been a valuable

one, and also one that brought responsibility. These responsibilities were welcomed by Ryan who says, "As college athletes we are role models for many young children. Our actions affect how outsiders look at our teams and we must make choices in our team's best interest." Because of her positive attitude and respect for her team, Ryan has become a role model for present and future student athletes. "I feel lucky to have played a collegiate sport. Women's sports are becoming very popular and I am happy to be a part of it."

After graduation, Ryan plans to teach elementary school in her hometown of Chicago, Illinois, where she hopes to eventually coach high school volleyball. In addition, Ryan plans to pursue a counseling degree in graduate school.

Julie Ryan.



ATHLETE OF THE PAST:

In 1990, an 18-year-old Kelly Cronin entered Saint Joseph's College with high hopes. Four years later, she emerged as a woman who had impacted the SJC community through her character, determination, and will to succeed. Cronin, now Kelly Gossman, shares her enthusiasm for life, learning, and her sport with high school students at Highland High School in Highland, Indiana, where she works as a guidance counselor and head girls' soccer coach.

Her quest for excellence is what brought Cronin to Saint Joseph's College. "I was interested in going to a school where I could get a quality education and also play soccer. [SJC] fit both for me and I am really happy I chose SJC." While at SJC, Cronin participated in various activities, but where she really shone was on the soccer field. Her position in the central midfield put Cronin right in the middle of the action. This was precisely where she wanted to be on the field. Cronin describes herself as an intense and involved player. Though she is a fierce

competitor, she was also an unselfish teammate. "I loved setting my teammates up to score," she said of her days on the field.

Those teammates became some of Cronin's very best friends during her college career, and some remain so today. As on any team, the group of Lady Pumas formed a bond through the ups and downs they experienced together both on and off the field. Cronin fondly remembers the Pumas' game against Indiana University as one of her best soccer memories. "Our best soccer moment as a team would have to be playing Indiana University my senior year and holding them to a 1-1 tie for the first seventy minutes. We ended up losing but we came to play and it really showed us that we could play with some of the best teams in the country." Though Cronin's will to win is as strong as anyone's, she has always been able to appreciate hard work and effort regardless of the end result.

These days Cronin finds herself on the other side of the white line. "The transition to coaching was an interesting one. At first I wanted to play more than coach but now I would much rather

coach than play," Cronin said of the change in role. The lessons she learned on the Puma soccer field about hard work, determination, and the quest for excellence come across in her demeanor as a coach. She is tough but fair, and is just as interested in molding her team into good people as she is in making them good players. "As a coach at Highland High School, I think I am a pretty good teacher. I expect my players to work hard but I am also patient with them. Overall my goal as a coach is for my players to learn more from the experience of playing than just soccer. I would love for them to learn life lessons about teamwork, respect, and working to achieve goals." This philosophy on coaching has proven successful for Cronin who was named Coach of the Year in her area in her first year of coaching at Highland High School.

Cronin encourages young girls to participate in sports. She is excited that more and more girls are getting involved in athletics and is pleased to see how far female athletes have come. "I played with the neighborhood boys growing up and played on my first soc-

cer team when I was ten years old. The first couple of years the towns only had one team so as a ten-year-old I played on an under-19 team with kids of all ages. I played on the first all-girl team in my area, so before that it was either play with the boys or don't play at all," Cronin said of her own youth soccer experience. She feels sports are important to girls and women because they develop communication and leadership skills and also shows that hard work does pay off.

As a counselor and coach, Cronin now works to make other young female athletes' collegiate dreams come true. "If my players have a desire to play at the collegiate level, I am very supportive of them doing that and I try to do everything I can to help them achieve that goal." Cronin's college memories of her time on the field are priceless treasures and her experiences as a Puma soccer player have helped to shape her as both a woman and a coach.

While at Saint Joseph's College, Cronin majored in psychology. She now lives with her husband Dan and daughter Hannah in Hammond.



Kelly (Cronin) Gossman.

Men Versus Women: The SJC Coaching Staff

The 1998 Women in Intercollegiate Sport Study at Brooklyn College found that women held 48.2% of all head coaching positions for women's teams. In 1972 women held about 90% of the positions.

A little over thirty years ago, in 1972, an educational amendment was added to the Constitution of the United States. Section 901(a) of the amendment is also known as Title IX, which reads, "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving Federal financial assistance." This amendment applies to 3,200 colleges and universities, including Saint Joseph's College's 426 pumas (259 male, 167 female).

Title IX gave female athletes the opportunity and right to participate in as many sports as men did. Prior to this amendment women's sports were given very little attention, if any. Some claim, though, that since Title IX instead of giving women more opportunities in athletics, men just received less. If a university had 8 men's athletic teams and seven women's teams, instead of adding an additional female team the school would cut one of the male teams. Therefore, the effectiveness of Title IX has been in question by many since its conception.

After the passing of the law, there became an increased need for coaches for the female teams that many schools added in compliance with Title IX. In most cases, men filled these open positions. In fact, men have taken 80% of the head coaching jobs that opened since Title IX's passing. At Saint Joseph's College, there are thirty-two people on the athletic department staff. Twenty-six of them are men. Of the six females on the staff only two of them are head coaches, and the teams they coach are the dance and cheerleading squads.

Coach Bill Massoels is the Saint Joseph's College Athletic Director and head coach of men and women's track and field and cross-country. He commented on the number of women on the athletic staff versus the number of men. "We don't see it as a problem," he said, "because I don't feel we're doing anything wrong." As is the case with many colleges and universities, the number of female applicants is nowhere near the number of the male applicants in athletic occupations.

There can be several reasons for the lack of a female response to the opportunity for coaching. First of all, some women may not have the time. In addition, the job of a coach can be grueling, have low pay, high stress, a lot of traveling, and little time off. These are not ideal conditions for a woman who could

Bridget Newman
Staff Writer

be needed at home. Of course the mother is not always the parent to be called away from the job for family business, but this may account for some of the difference. On a percentage basis, fewer women are coaching women's teams now than at any point in the last twenty-four years and the difference is evident.

If the lack of female coaches were due to the lack of female applicants then there would be no problem. However, some female athletes are still discouraged by the absence of females in athletic leadership positions. Seven female student-athletes, whose names will not be given, were interviewed, each from different sports. Six of them admitted they had never noticed the large gap between the number of men and women on the athletic staff. All of the interviewees were shocked to know that 80% of the athletic staff are men. Most agreed that they hadn't noticed because they don't think about coaches other than their own. The one student who did notice the gap said that was only because she made herself familiar with the staff intentionally.

Four of the seven athletes had never been coached by a woman and all said that they don't mind not having had a female coach. All the interviewees agreed, though that in matters that don't concern the sport directly they would feel uncomfortable talking to their male coaches. A cross-country runner said, "There are some things that women understand better." A female tennis player noted, "When it comes to things that are personal I can't talk to my coach." A basketball player added, "Elaine (the assistant coach) just understands our emotions better." Two soccer players agreed that if they have a concern that isn't necessarily about the sport itself

they go to their captains.

Coach Massoels acknowledged that there are some things that men just don't understand about women or can't help a woman with; only another woman can help. He agreed that if a female athlete has a concern and doesn't feel comfortable talking to her coach a captain is always a good resource. He added, though, that captains could be busy, too. Assistant trainer Elaine DeZeeuw is always willing to talk to students. In addition, Coach Massoels mentioned that his wife Teresa is happy to talk to the women on his track and cross-country teams and any other athletes that may have issues that need addressing.

There are several teams that have only one coach for both the men and women's teams, such as soccer, tennis, and golf. Some players express an interest in having two separate coaches because they don't get enough time and attention when a coach is split between two teams. Coach Massoels says that in a perfect world he would get as many coaches as he could. However, a tight budget comes with restrictions. He explains that he would rather have one skilled coach at a modest salary for two teams than pay the same price for two incompetent coaches. Until the athletic funding is increased, one coach for some teams is all the school can afford.

The bottom line is that in collegiate athletics, sports aren't just for fun. Some students are only able to go to college because of athletic scholarships. Some students have hopes to continue in their sport after college, perhaps play professionally. Some students play with everything they've got because they just love to play. Whatever the case may be, every student that wants the opportunity to play and has the necessary skill should receive it. The staff at Saint Joseph's College is doing their best to make that a reality for as many students as possible and like so many things, it is going to take some time.

MORE THAN JUST AN ATHLETE

By Annie Domasica,
Sports Editor

I am a female athlete—one of those "soccer girls" to be exact. I arrive with the rest of my teammates and the school's other fall athletes two to three weeks before the rest of the Puma population. I get up at 7am (or earlier) to stare into the tired and anxious eyes of my teammates as we await days of what is affectionately and appropriately referred to as *Hell Week*. We sweat together; we hurt together; we compete. From early August until early November, for two to three hours daily, we lace up cleats and pull on shin guards. We look each other in the eyes and then compete for a spot on our team. And when these days are over, we huddle in dorm rooms, exhausted, discussing boys and heartache, family and dreams. It is on these nights, and on the eight-hour bus trips, and in hotel rooms after curfew, and in the training room while we nurse injuries, where our lives are revealed and our bond is formed.

My point is, we are not friends because we have to be. Teams do not form into clans because they are forced. When you are sitting on the sidelines, most of you do not know—cannot know—the stories of those faces on the field or court. You cannot know that the forward's parents announced their divorce earlier that morning, or that the keeper failed a test that afternoon. You wouldn't know that the midfielder's sister had a baby yesterday, or that the defender's ex-boyfriend called fifteen minutes before the pre-game meal. Unless you are there, at every practice, on every bus ride, after every devastating loss, and every exhilarating victory, you can't know the desire and heart with which we play our game. You cannot possibly understand our love for one another.

Teammates are like sisters. We do not choose our teammates, they are given to us, and admittedly, some of us are very unlikely friends. But we do love each other because we know the ins and outs and ups and downs of each other. We know that we are not just athletes. We are students with GPAs to maintain, and tests to take, and scholarships to earn. We are dreamers, just like everyone else, with books to write, and businesses to open, and plays to direct. We are women with men who love us or do not love us, and families we worry about and miss, and friends without whom our lives would be incomplete.

I am a female athlete. Please do not label me because of that. Please do not use one term to refer to fifteen or twenty unique women on a team. We are more than the balls we kick or the strikes we throw. We are real, and probably more like you than you'd think.



Final Reflections...

I came to SJC the year Justin Hall opened. It was a coed dorm that first year, but as the population of women increased it became a woman's dorm, as did Halas. An older priest on the faculty told me that the college would go to hell with women here: "Too many distractions," he said, meaning, I think, that there would be too much sex. Before women were enrolled, the men had bussed in women from other campuses for weekend dances and parties. On one weekend, a group of 250 women

were snowbound and were given the men's rooms in the dormitories. The men gallantly slept in the lounges, the laundry and the field house. Even that weekend the "distractions" were all gone by Tuesday morning.

From the first, women made a difference. They were "distractions" truly, but they were also as serious, if not more serious about college, than the men were, and they've remained so right up until today. Most are better prepared for college as well. They write better,

talk more in class, and aren't quite as preoccupied with outside "influences" as the men are. They're just more mature. There are more women majoring in the humanities and the liberal arts areas than men, and only their presence has allowed us to continue calling ourselves a liberal arts college.

Teaching so many bright women in English and Core has certainly enriched my life. The "Women in Black and White" course is a wonderful example of how much more re-

ally good students give to us than we can ever give back. This issue of the newspaper is a great example of their giving. Guys make important contributions as well, don't get me wrong. My list of the ten best students I've taught here includes a number of guys, but not in the majority. So thanks, ladies, you've made this a wonderful place to be.

-- By Charles Kerlin

Reflections While Staring at the Wall By Angela Williams

I have experienced the joys and sorrows of community bathrooms, represented a roommate and secretly wanted to lock her out on more than one occasion. I have lived in the apartments and shared secrets, sex advice, make-up, ice cream and soup, core lecture notes, drunken tears as well as sincere sadnesses, and long, hard bouts of laughter. I have slept through class and put off papers until the absolute last minute and spoken my mind in class as if I really knew what I was talking about. I have walked home at 7 a.m. and gone to class in the same clothes I wore the night before, with and without shame. I have been angered to the point of madness

and felt frustration over grades, authority, and the unfairness of my little world. I have glowed in the light of 'A' papers and posted my grades with cheesy magnets on the fridge. I have bawled because I have no idea what to expect from my life and sometimes feel that I am hanging on by a tiny thread and that at any moment the whole world might crash down on me. I've gazed out my window at the great IM field and wondered how I ever ended up in a place where I can't even get a good latte without a 40-minute drive. I've gone to class bra-less. I've stressed about losing my cafe card and what is for lunch. I've never forgotten to smile or love, to have fun or help a friend. I've done things that are unthinkable and thought things that are undoable. I've grown, blossomed, accomplished and shined. But most importantly, I've learned.

Burning Tears By Sandra Wood

There is a fire which burns inside me,
Repressed deep down, hidden from all,
Save when a match is struck too close to
my skin,
Inciting the fire, building desire
To cling to its own and make one flame.
It desires escape, to make its existence
known
To all who can hear its truth.

I feel it build inside, and try to swallow down
The burning ball which rises in my throat.
Choking, I breathe deeply,
But it has overpowered me,
And it falls from my eyes in the form of a tear.
Burning down my cheek, a perfect drop
Breaks in a splash at the sound of ignorant laughter.

He sees it fall, and mistakes it for
Nothing more than a simple tear.
Puffing out his chest, he scoffs at my pain.
Mistaking it for a childlike display of emotion,
He forces me to hide; so I repress my fire
With a deep breath, and draw it back inside
Where it will remain till the next deluge.

Oh, to have him see the fire of my truth,
And know its likeness to his.
But my tears scream in silence;
Longing to be heard, knowing that he
Will never see their fire, nor hear their cry.
For He hears only cries of weakness,
Without recognizing the fire they hide.

The Near Conception of Flame

By Annie Domasica

She pushes the wire-rimmed glasses onto her plain face as if they are her superhero cape, transforming her from ordinary to profound.

Since she had been small, she had always mothered, nurturing her friends with a steady hand and a heart that understood far beyond her years.

Hardly noticing her spark, the near conception of her own flame, they stream into her room one by one and sit upon her couch and bend her ear.

Speaking boldly of God and Sex, timidly of thoughts and ideas, they examine nightmares of which they know nothing, and dreams they have only just begun to realize.

She breathes life into dreams and extinguishes fears. She feeds hesitant love and fuels notions of flight. She sets them free and gives them wings...

All the while forgetting, she too has the right to fly.

Rosie's Advice

By Becky Scherer

"We can do it!" she says.
Her callused hands and muscular arms are
a mutiny to her sex
and contradictory to her shiny brown curl
and perfectly sculpted brows.
Still, "We can do it!" she says.
Well, I'm sure we can, but...
why should I want to?
Why do I need to be an
Independent Woman?
What is so wrong with being
Old Fashioned?
So I want to cook—
So I want to clean—
I want to wear my housedress
and my high heels
and smile at the vacuum cleaner
as we glide over the carpet.

...On Mardy Murie Maia Kingman

I am stretching legs warm from a run long overdue when I hear the news story. Congress has adjourned without approving oil and gas drilling in the Arctic National Wildlife Refuge in Alaska, but the fate of the refuge remains uncertain, since January's new Congressional majority has promised to make the drilling proposal a top priority.

The news about the wildlife refuge is used to introduce a story about the life of Mardy Murie, a woman whose research helped to create the protected status of the area.

Murie was married to a scientist with the U.S. Biological Survey. The couple spent many years exploring Alaska's most remote wilderness. They spent their honeymoon dog sledding through 550 miles of the Brooks Range in winter.

Shortly after their son was born, they traveled 400 miles across tundra and along the Yukon, Porcupine, and Old Crow rivers. It was summer and mosquitoes were so thick that natives stayed indoors. Murie carried their son with her on this trip, under a tent of netting. He was happy, she said. It was singing that carried them along.

Her husband died some years after the Sheenjek River basin was protected in a presidential executive order, and Murie went on to become a writer, lobbyist, and activist, speaking passionately and persuasively in front of Congress to protect the land she cherished.

Murie is currently 100 years old and living in Wyoming, on a ranch that will become part of Grand Teton National Park when she dies.

The news reporter closes his

I want to have dinner on the table at 6 and talk to myself at breakfast as my husband grunts in response behind the paper.

Does this make me a bad person? We're all entitled to our opinions and our own choices in life. Why do I feel less in the presence of more liberated women? They are no better than me, their choices no better than mine.

Her stern expression threatens me and raises a pang of guilt as I call down the hall for a Big Strong Man to open the pickle jar instead of trying a little harder myself, for fear of breaking a nail.

story by reminding listeners that the fate of the Alaskan refuge now hangs in the balance. I finish my stretching and go on with my day.

But later, Murie's story is still with me, and I look for her picture on the Internet. I find one of her as a young woman, smiling at me from a from the recesses of a parka hood, trimmed generously in fur. She looks like the pistil of some grand, feral flower. I had rather expected the fur, but the ease of her expression surprises me. She appears to have just heard a joke and her eyes invite me in for a laugh.

I heard the retrospective of Mardy Murie's life weeks ago, yet I still think about her—am still thinking about her as I discuss books with my students, as I grade papers, as I make dinner with my husband, as I put away the dishes.

I imagine her tying her newborn son to her chest, arranging him under layers of netting. My boy, the imaginary Murie says to him as she tramps across the tundra, see the river, see the mountains, see the trees, see the sky.

There are countless women I admire who live quiet, Midwestern lives. But there is something in Mardy Murie's story that holds me, like a dream that lingers throughout the day, a reminder of an alternate narrative that is humming inside me as I park my car, put away my things, tie my running shoes and open the door to the December air.

I give you this vision of a buoyant twenty year old woman, singing and tracking caribou along the oceanic Alaskan plains, steeping her son in air that sustains gray wolves, that falls conifers, that blows ice and snow as the world south of the arctic circle whirrs and clanks and rattles its way through another day.